



Journey to Wellness and Wholeness

Mental Growth

Other ways to Grow

5. Through Fellowship
6. Listening to Sermons
7. Attending Small Groups
8. By Meditating in Prayer and on the Word
9. Journal the Proverbs (verse by verse)
10. By Being teachable

Why Grow?

- We can stand up to life's adversities: 2 Corinthians 6:4 We patiently endure troubles and hardships and calamities of every kind. 5 We have been beaten, been put in prison, faced angry mobs, worked to exhaustion, endured sleepless nights, and gone without food. 6 We prove ourselves by our purity, our understanding, our patience, our kindness, by the Holy Spirit within us, and by our sincere love. 7 We faithfully preach the truth. God's power is working in us. We use the weapons of righteousness in the right hand for attack and the left hand for defense. 8 We serve God whether people honor us or despise us, whether they slander us or praise us. We are honest, but they call us impostors. 9 We are ignored, even though we are well known.
- You know who you are!

Why Grow?

- So we will not sin against God
- God asks us to keep growing
- Gets easier to distinguish truth from a lie
- God's Word gives us Comfort
- God's Word gives us Answers
- God's Word gives us POWER
- Live longer and better lives

Proverbs 2:11 Wise choices will watch over you. Understanding will keep you safe.

Why Grow

- We have more to offer in ministry:
Deuteronomy 1:13 Choose some well-respected men from each tribe who are known for their wisdom and understanding, and I will appoint them as your leaders.'
14 "Then you responded, 'Your plan is a good one.'
15 So I took the wise and respected men you had selected from your tribes and appointed them to serve as judges and officials over you. Some were responsible for a thousand people, some for a hundred, some for fifty, and some for ten.

How to Grow

1. #1 Become a Good listener

My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man's anger does not bring about the righteous life that God desires. James 1:19-20

2. Become an avid reader of God's Word

3. Read books, articles and more to grow

4. Ask questions from wise people, not just people who will agree with you

Meditate on God's Word

- **Proverbs 1 The Purpose of Proverbs**

1 These are the proverbs of Solomon, David's son, king of Israel.

2 Their purpose is to teach people wisdom and discipline, to help them understand the insights of the wise.

3 Their purpose is to teach people to live disciplined and successful lives, to help them do what is right, just, and fair.

4 These proverbs will give insight to the simple, knowledge and discernment to the young.

5 Let the wise listen to these proverbs and become even wiser. Let those with understanding receive guidance

6 by exploring the meaning in these proverbs and parables, the words of the wise and their riddles.

7 Fear of the **LORD** is the foundation of true knowledge, but fools despise wisdom and discipline.

A Father's Exhortation: Acquire Wisdom

8 My child,* listen when your father corrects you. Don't neglect your mother's instruction.

9 What you learn from them will crown you with grace and be a chain of honor around your neck.

10 My child, if sinners entice you, turn your back on them!

11 They may say, "Come and join us. Let's hide and kill someone!

Just for fun, let's ambush the innocent!

12 Let's swallow them alive, like the grave*; let's swallow them whole, like those who go down to the pit of death.

13 Think of the great things we'll get! We'll fill our houses with all the stuff we take.

14 Come, throw in your lot with us; we'll all share the loot."

15 My child, don't go along with them! Stay far away from their paths.

16 They rush to commit evil deeds. They hurry to commit murder.

17 If a bird sees a trap being set, it knows to stay away.

18 But these people set an ambush for themselves; they are trying to get themselves killed.

19 Such is the fate of all who are greedy for money; it robs them of life.

Proverbs 1 Wisdom Shouts in the Streets

20 Wisdom shouts in the streets.

She cries out in the public square.

21 She calls to the crowds along the main street,
to those gathered in front of the city gate:

22 "How long, you simpletons,
will you insist on being simpleminded?

How long will you mockers relish your mocking?

How long will you fools hate knowledge?

23 Come and listen to my counsel.

I'll share my heart with you and make you wise.

24 "I called you so often, but you wouldn't come.

I reached out to you, but you paid no attention.

25 You ignored my advice
and rejected the correction I offered.

- **26** So I will laugh when you are in trouble!
I will mock you when disaster overtakes you—
27 when calamity overtakes you like a storm,
when disaster engulfs you like a cyclone,
and anguish and distress overwhelm you.
28 "When they cry for help, I will not answer.
Though they anxiously search for me, they will not
find me.
29 For they hated knowledge
and chose not to fear the **LORD**.
30 They rejected my advice
and paid no attention when I corrected them.
31 Therefore, they must eat the bitter fruit of living
their own way, choking on their own schemes.
32 For simpletons turn away from me—to death.
Fools are destroyed by their own complacency.
33 But all who listen to me will live in peace,
untroubled by fear of harm."